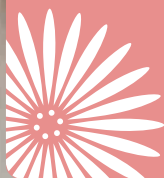




Using Loving Support To

GROW AND GLOW

in WIC



*Breastfeeding is a gift
that lasts a lifetime.*

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).

This institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.





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*Yes, you have
enough breastmilk.*

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Using Loving Support To

GROW AND GLOW

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*Breastfeeding makes you
feel good about yourself.*

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Using Loving Support To
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*Breastmilk is the best food
you can give your baby.*

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Growing Healthy Babies Through Breastfeeding

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Glowing With Good Health Through Breastfeeding

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